



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

June 2018

A Letter from Mayor Dave Wood



Spring/Summer Unveilings

One of the most joyful parts of my job is to see our quality of life projects such as parks and renovation of our historic landmarks go from concept, planning, construction, and completion. Though some of these projects take longer to accomplish than I would like, I constantly have to remind myself that we must move at the speed of government. What is even more rewarding is seeing our projects get used, enjoyed and even become part of peoples' lives. It is not uncommon to see hundreds of people taking pictures in our park at significant occasions, having wedding ceremonies or just enjoying a quiet evening along the river. That is what inspires us to dream big and set lofty goals as a City.

Thus, it has been my on-going goal to improve our City facilities, many of which have exceeded their expected service life. We have four projects that have been recently completed that I would encourage you to visit this summer!

Will's Clock

The 1895 Seth Thomas timepiece was donated to the City in 1994 by the owner of Will's Jewelry Store, Georgia Will, when she retired. In June 1991, the clock became the City's first historic site designation accomplished by the newly formed Mishawaka Historic Review Board. It has been repaired multiple times, but last year, the mechanical functions ceased working properly and the metal casing of the clock was showing wear and corrosion from the elements at its location downtown on Lincolnway, just east of the intersection of Main Street. Our own Mishawaka Utilities Electric Division was charged with removing the clock and overseeing its restoration. As you can imagine, restoring a historic clock requires special skill, patience, precision and commitment. I am pleased to report that the clock has been substantially restored and reinstalled at its original location. I am incredibly proud of and impressed with our Electric Division for their hard work, dedication and attention to every detail that was put into this downtown landmark and I think you will be too. Your cell phone may be a more accurate timepiece but Will's Clock is a timeless piece of our history!

Rosemary's Garden at Battell Park

In late 2014, we lost a close friend and the City lost a good citizen, Rosemary Klaer. Rosemary was a Mishawaka High School graduate from the class of 1962. She was a lifelong Mishawaka High School and City of Mishawaka advocate and exhibited her passion for the community in a variety of ways, whether serving on boards and commissions, or having me over for coffee to discuss her list

(cont'd on next page)

Know Your Numbers...Assess Your Risk for Heart Disease

Health Information from Saint Joseph Health System

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for both men and women in the U.S., accounting for nearly one in four. But you can take action to reduce your risk for heart disease by knowing your numbers for key assessments that will help you and your provider set goals to keep you healthy.

Blood pressure

Blood pressure readings are usually given as two numbers — a top number (systolic blood pressure) and a bottom number (diastolic blood pressure).

- Blood pressure goal: Systolic below 120 most of the time and diastolic below 80 most of the time.

Cholesterol

Your total cholesterol is determined from measuring low-density lipoprotein (LDL, often called "bad" cholesterol), high-density lipoprotein (HDL, often called "good" cholesterol) and triglycerides (a type of fat in your blood).

(cont'd on next page)

UPCOMING EVENTS

Jun-Jul	Summer JR Gold Club (Eberhart-Petro)
Jun 30 - Jul 1	Men's Metro Golf Tournament (Eberhart-Petro)
Jul 7-8	Men's Metro Golf Tournament (Eberhart-Petro)
Jul 11	Kids Garbage Open (Eberhart-Petro)
Jun 16	SuperDAD (Battell Center)
Jun 27	Brunch and a Movie "Who's Afraid of Virginia Woolf" (Battell Center)
Jun 30	Independence Day Celebration
Jun 30	Family Glow Run
Jul 14	Fam-to-Fam Sale
Jul 25	Brunch and a Movie "Roman Holiday" (Battell Center)
Jul 27	Movie in the Park "Despicable Me 3" (Hillis Hans Park)

2018 Summer Concert Series

Family-friendly concerts held at the Battell Park Bandshell, Central Park, Merrifield Park, and at Eberhart-Petro Golf Course on the Clubhouse Deck.

<http://mishawaka.in.gov/parks/summer-concert-series>

ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>



<https://twitter.com/MishawakaMayor>



<https://instagram.com/MishawakaMayor/>

A Letter from Mayor Dave Wood *(continued)*

of city issues demanding attention. Rosemary was always looking out for Mishawaka; she was a fearless defender of our Parks and loved everything about her City. Among her many contributions to our City:

- President and active member of Kappa Kappa Kappa Sorority for 24 years
- Over 20 years of service on Mishawaka's Plan Commission and Board of Zoning Appeals
- Board of Directors for the Mishawaka RES

One of her most lasting contributions was recently completed and opened. On her passing, she chose to give money to the City of Mishawaka, specifically for an improvement to the City Park system. We worked with her estate to choose the project that would best represent her service and commitment to the community. Rosemary was always looking out for the Princess City so we thought her project should reflect that. We conceived of a contemplative garden and lookout area on the east end of Battell Park. Plans were developed that included two custom stainless steel bench swings and plantings that overlook the cable-stayed pedestrian bridge, the river, and our historic downtown. Rosemary's Garden looks over the City and as you sit on the swings, remember Rosemary and that they were placed there to provide an opportunity for future generations to "look out" for Mishawaka.

Merrifield Park Riverwalk

In 2017, the City worked with the Michiana Area Council of Governments [MACOG] to obtain Federal funds to extend the Riverwalk through Merrifield Park. The \$3 million project extended the Riverwalk from Mishawaka Avenue to the intersection of Indiana Avenue and Prospect Avenue through Merrifield Park. The improvements included substantial bank stabilization that fortunately were completed before this year's spring flooding, which helped the park weather the flooded conditions. The project removed the former roadway that extended through the park providing a safer environment for pedestrians and kids at play. The project also included a beautiful new restroom/comfort station building, three rentable pavilions, a new boat launch, boat parking, and parking lot by Castle Manor. This is a particularly pretty stretch of Riverwalk.

Castle Manor at Merrifield Park

The lodge style building on the northeast end of the park was built by the National Youth Administration (NYA), a subsidiary of the Works Progress Administration (WPA). The building first opened in September 1941, "dedicated to the Girlhood of Mishawaka", and was known simply as the "girls lodge". In 1947, the building was renamed Castle Manor to honor late Mayor Carl J. Castleman. Last renovated in 1965, it has provided a place for the community to come together to celebrate class reunions, family reunions, and weddings for over half a century. The facility had some major structural issues and was in need of complete renovation. In 2017, the City partnered with Mishawaka contractor Hoerstman Construction for a substantial renovation including structural improvements, a small storage addition, metal roof, new HVAC, commercial grade kitchen, added a connecting patio and re-established the front porch of the structure complete with front porch swings that overlook the beautiful St. Joseph River. This renovation was performed to preserve the building as a landmark for the enjoyment of future generations. Since reopening in the spring, even before it was painted, the building rental is full for weekends in the foreseeable future. This is a great little gem of a space and a perfect location for about any kind of function. If you plan to rent it, think many months ahead and contact the Mishawaka Parks Department for information.

I would invite you to please get out this summer and check out these beautiful new and renovated treasures. I think you will like what you see. Stay tuned to my future Communicator letters for more exciting announcements and projects.

See you out and around the Princess City.



Know Your Numbers...Assess Your Risk *(cont.)* *Health Information from Saint Joseph Health System*

Cholesterol goals for adults:

- Total cholesterol — Less than 200 mg/dL
- LDL — Less than 100 mg/dL
- HDL — Greater than 40 mg/dL
- Triglycerides — Less than 150 mg/dL

BMI

Your BMI estimates how much you should weigh based on your height, and is a good indicator for adult men and women, no matter your body frame size. You can find BMI calculators online at the CDC and National Institutes of Health.

- BMI goal: 18.5-24.9

Other risk factors

If you smoke, are diabetic or have high blood pressure, getting help to quit or control these conditions can lower your risk and keep your heart healthier.

With these results, you and your primary care provider can work on ways to lower your risk.

HISTORIC PRESERVATION COMMISSION HONORS ELIZABETH ANN RICHARDSON

Visit the newest Historical Marker, honoring Elizabeth Ann Richardson, at 834 Lincolnway East. Ms. Richardson was a 1936 graduate of Mishawaka High School, who, after college, joined the American Red Cross and served during World War II. She was killed in a plane crash in 1945 and is buried at Normandy American Cemetery.

More information about the Historical Marker Program can be found on the City's website at

<http://mishawaka.in.gov/hpc/historic-marker-program>

DID YOU KNOW...

Six out of ten car seats nationwide are installed incorrectly. The Mishawaka Fire Department offers a car seat assistance program for those who need help with purchasing and/or installing their car seats. Certified technicians are available to assist with installation, verification, and instruction on proper installation.

To set up an appointment, contact the Mishawaka Fire Dept. at (574) 257-0620 or visit the City's website at

<http://mishawaka.in.gov/carseatinstall>